

# “Hands-on Styling”

## Official Sisterlocks Class Manual

Produced for Sisterlocks In collaboration with

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Sections of this manual excerpted from  
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## First Things First ...

**You** are on the most joyous ride of your life with Sisterlocks. **The information shared in this publication will help you maintain the integrity of your locks and take advantage of all the versatility and styling options you can have with Sisterlocks.** Whatever styling method you chose, Sisterlocks are beautiful. While the original intent with the Sisterlocks locking method was to make tiny, *style-able* locks, they are just as beautiful whether styled or left freestyle. **NOTE:** Maintaining the integrity of the locks = not compromising the pattern, tension or tips of the locks by piercing, applying excessive pulling or tension.

**This guide will help you lay the right foundation for styling with the proper shampooing techniques. It also provides an overview of the most common styling aids that can be used with Sisterlocks, and stresses the importance of consistently using Sisterlocks products.** Sisterlocks can maintain their beauty as long as the products you use do not ruin the integrity of the locks. It is important to always remember that going outside the Sisterlocks product line can have a negative result in the long run, just as using accessories and styling aids that stress or cut into the hair can be harmful. Next, this guide goes into a discussion of face shapes to help you with the aesthetics of styling. You will be able to use the information derived from this section during the Hands-on segment as you explore your the best styling options for you! **Note:** Heavy, oil-based products are a no-no! Heavy, oil-based products will also make most styles stiff, hard and create build-up.)

**O**ne final note: No matter what your styling choices might be, it is important to remember that **maintaining healthy, beautiful Sisterlocks means maintaining a healthy body. The condition of our hair is a reflection of what's going on inside, so it is important to always pay attention to diet and nutrition.**

## The best way to start any style is with clean hair.

**W**e cannot stress enough how important it is to properly shampoo your Sisterlocks! **This is how you will maintain the clean, light look of your locks over time. There is no set time frame for shampooing, however 7 to 14 days is usually adequate for shampooing intervals.** Of course, there are other factors that must be considered. For instance, if you often participate in **strenuous activities**, or if you have **excessive scalp perspiration**, you may need to shampoo more frequently. **Except for illness or injury, waiting longer than 14 days is not advised.**

### Shampooing

**S**hampoo your hair according to the standard Sisterlocks method. Your Consultant should be able to give you detailed instructions, and may even be able to provide a demonstration. *Expect this from your Consultant, even if (s)he is the one who regularly shampoos your hair.* Consultants are trained to help you monitor and adjust your shampooing techniques based on the stage of development of your locks.

**Stage 1 - Shampoo instructions for newly-locked hair:** Shampooing newly-locked hair requires special attention. The object is to keep the hair very still during the shampooing process.

- **Bundle** your hair into sections and tuck the ends, securing them with a rubber band.
- For extra protection, **loosely braid each section before tucking the ends and banding.**
- **Water pressure** should be low to moderate.
- Apply **Sisterlocks Getting Started Shampoo** to the scalp, in and around each bundle.
- **Shampooing motion** should be in one direction ONLY - scalp-to-ends.
- **Rinse thoroughly** and re-suds as necessary.
- **Towel-dry** the hair and undo the bundles
- It is important to separate your locks at the root, anytime they have been fully immersed with water.
- **Continue drying** using any method

**Stage 2 - Shampoo instructions for mature locks:** **Once your hair has settled in or matured you can enjoy shampooing without the step of bundling.** Your Consultant will advise you as to when you are ready for this. If your locks are mature, and especially if your locks are long, you may find it easier to shampoo in sections, although they don't have to be bundled.

- **Water pressure should be low to moderate at every stage.**
- **Always apply the shampoo to the scalp.**
- **Shampooing motion is always from scalp-to-ends.**
- **Towel-dry**
- **ALWAYS separate your locks! Consider this a grooming practice with Sisterlocks that replaces combing.**
- **Completely dry using any method.**

***If shampooing over the sink begin by separating your hair into four section, two front and two back sections.*** While leaning over the sink apply shampoo to the scalp in the two rear sections. Lather both sections, concentrating on the scalp area, and then lather the two front sections. Move your fingers along your parts to cleanse the scalp. Rinse hair thoroughly.

Next, lather your four sections again and this time, concentrate on working the lather all the way to your ends. Work in one direction from root to ends. Rinse thoroughly. Towel-dry your hair and separate your locks. Dry hair completely, using any method.

*If shampooing your hair in the shower* follow directions above. This can be quite enjoyable and relaxing especially if you have a spa chair. This will allow you to sit under the stream of water and leisurely shampoo. Always divide the hair into sections to be certain you are not just cleansing the perimeter of the head. Always make sure you rinse thoroughly. Towel-dry your hair and separate your locks. Dry completely, using any method.

**Drying your hair:** Always dry your hair thoroughly after shampooing or immersing your hair in water. **NEVER, EVER TIE UP OR SLEEP ON WET OR DAMP HAIR. THIS CAN CAUSE MILDEW.** Mildew is a fungus and will create an odor in your hair. This condition is avoidable by not trapping dampness in the hair for extended periods of time.

***Air Drying*** is the gentlest method. Make sure to shampoo early enough in the day to allow the hair to completely dry before going to bed.

***Blow dryers*** work well. Be sure to select a moderate setting. Too high a setting can scorch the hair.

***Hood dryers*** are effective as well. As always, be careful that the setting is not too high. Also, sitting under a hood dryer for too long can cause over-drying and damage to the hair.

## STYLING AIDS

**Once your hair is clean, decide upon a style. You have a choice whether or not to use gels, lotions or mousse, or whether to simply style your hair with no aids when it is damp-dry.** Most styles can be achieved in this way. Here are some things to help you decide: Styles set with a setting lotion may withstand humidity better than those styled without it. On the other hand, if you choose a water-only set, you can still finish it off with a holding spray that will help your style last and also help protect it from humidity.

**When considering setting your hair it's important to towel dry the hair first** so that it's 'damp-dry' (ie. barely damp). **Never set your hair when it is wet.** This will avoid excess moisture being in the hair for extended periods of time.

**Braiding, rolling or twisting the hair will give it more body and texture, making it more pliable for styling, especially for up-dos. Whichever set you decide on, avoid putting undue stress on the hair strands; be certain to not braid, twist or roll the hair too tightly. Pulling too tight will also affect your re-tightening and could cause you to need maintenance more frequently. NOTE:** When braiding, base the braids to the scalp like a Frenchbraid – this will help to preserve the re-tightening.)

## Rollers & Rods

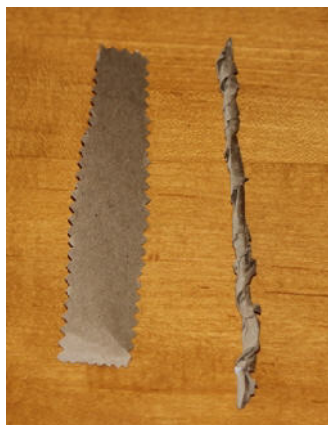
**T**here are various types of rollers available, and most can be used successfully with Sisterlocks. **Smooth, stiff rollers are the safest to use. Smooth rollers that are pliable or flexible also generally work well. Rollers with rough, spiked or overly-textured surfaces should be avoided.** These tend to catch in African-textured hair and cause breakage as they are being removed. The best tip is to be certain that the ends of your hair are smoothly tucked into the roller. This will ensure that you have no hairs sticking out once you remove the rollers. Use end papers for extra protection. Always make sure that the first layer of hair that is placed around the roller is smooth and secure. Begin rolling evenly for a round curl, or spiral the hair along the length of the rod for an elongated curl.

**N**o matter what type of roller used, **a smaller the section of hair on a roller (fewer locks) will produce a firmer the set. Also, a smaller diameter roller will create a tighter curl.**



Regardless of the setting method used, **a set will last from one shampooing to the next.** Curls, crinkles and waves will be more prominent the first few days and will loosen as the days go by. Even as the set relaxes, the hair will still have more body than a simple “freestyle” or locks that haven’t been set at all. **It is usually not necessary to curl or roll the hair nightly.**

**Paper rollers** – Necessity is, indeed, the mother of invention! Before any apparatus was manufactured to curl the hair, women accomplished a lot of curl **by tearing a paper bag (or fabric) into strips and using those strips to roll their hair.** This economical method involves rolling the damp hair onto the strip and tying it in a knot. Once the hair is dry, there are tons of tight curls all over the head. If using this method with Sisterlocks, avoid crimping the hair too tightly and stressing the strands within the locks. **Also, be sure to moisturize, because paper and fabric absorb moisture and oils, and may have a drying effect on the hair.**



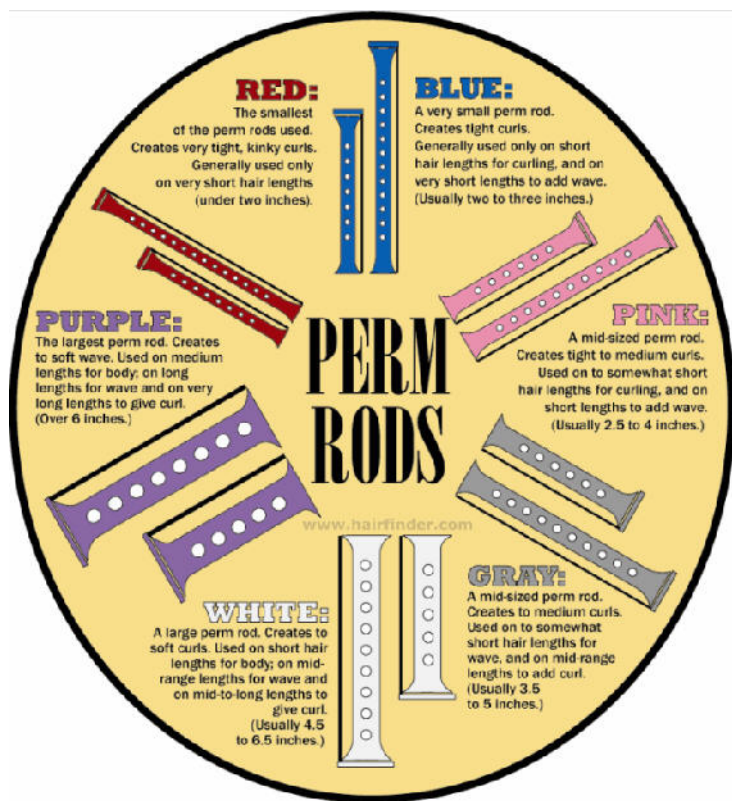
**Sponge rollers** – available in a multitude of diameters and colors. These rollers have been around for ages and are very effective in producing uniform curls. Drawback: **Since sponge rollers are so pliable, there is a tendency to roll the hair too tightly causing the sponge to pull and break hair strands.** Also, because it is important to maintain the integrity of the tips of the Sisterlocks - especially in the beginning - **using sponge rollers too tightly can cause the locks to begin to unravel.**



**Perm rods** come in a variety of diameters and provide everything from very curly, to full-body or a loose wavy effect. **The larger the diameter of the roller, the less curl achieved.** Perm rods are made of a hard plastic and have tiny spikes sticking out of them. **Normally, perm rods are used with end papers,** which are usually made of a cotton fiber, to keep the spikes from catching in the hair. It may not be necessary to use



end papers with medium to large, mature locks. Some people avoid end papers that are made of a fiber that can end up as lint in the locks, which should be avoided. Drawback: Perm rods are very uncomfortable to sleep on, so other drying methods should be used. However, because of the variable sizes, they offer the most styling versatility. So, if you have to use a roller, these are highly recommended by many stylists.



(Ref. For image: <http://www.hairfinder.com>)

**Flexi Rods** are long, smooth rollers, available in various diameters that can be used to make spiral curls. These are easier to sleep on than perm rods but would not be an appropriate fashion statement to wear out while hair is being set. **The spiral curls produced by these rods can be left intact for a few days, then fluffed out for a more full-bodied look later in the week.**



## Other Popular Styling Aids

**Pin Curls** are accomplished by rolling the hair in a circular motion and securing at the root with bobby pins, duck bill clips or hair pins. This method is best used on shorter hair and produces a very tight curl. **Should be done on damp hair.** **Caution: Never use bobby pins that close too tightly, or that have lost the protective plastic tip.** Only use hair pins that have the protective tip. **Never use duck bill clips that snap closed because the hard metal edges can cut into the locks.**



**Pipe Cleaners** are thin pieces of wire covered in material, either cotton or nylon. Pipe cleaners are a popular tool to use on locks and natural hair to create a head full of spiral curls. These can be purchased at craft stores for around \$3-4 for 100. **To make the pipe cleaner into a roller, fold the pipe cleaner in half, make a loop at the top and twist in one direction. For long hair you can use the full length of the pipe cleaner or take 2, twist together and fold in half. Take a small number of locks and twist them around the base of the pipe cleaner, fold the end of the pipe cleaner up around the hair to hold in place and continue spiraling the hair up the length of the pipe cleaner; then fold the top of the pipe cleaner down over the hair at the top. To remove, untwist the hair in the opposite direction and remove the pipe cleaners.**



**Lock Loops** were **designed by Sisterlocks Consultant Carole Pearson.** These soft, foam rollers have a unique design that won't pull the hair and can even be slept on. Lock Loops provide a nice body wave that can be accomplished by rolling the hair wet or dry. On the web site [www.lockloops.com](http://www.lockloops.com) the rollers are described as follows: "... create full, bouncy curls for ALL types of hair! Designed to be durable, but still soft enough to sleep in! With our unique, patent pending notch-locking system, Lock Loops™ curlers lock into place and won't slip out!"



**Wrap-a-Loc tools** - were **created by Sister Nandi and are available in three sizes to accommodate various lengths of hair. Described as a styling tool, Wrap-a-**

locs are made of a hard plastic with spiral grooves. The hair can be worn as a style while the Wrap-a-Loc tool is still in. This tool produces an abundance of spiral/cork screw curls all over the head. Available online at [www.wrapaloc.com](http://www.wrapaloc.com).



Here's what they have to say about the versatility of the tool: "The tool can be applied to natural, relaxed, and pressed hair. Unlocked hair is two strand

twisted, then wrapped with the tool (approx. 60-80 tools). The hair style can be extended by leaving the tool in and wearing it as a style. When the tool is removed you have beautiful waves and spiral curls. The alternative to a straw set." Wrap-a-loc tools can be worn as a style and can eliminate the need for a dryer.

**Straw Sets – A set literally using drinking straws to set the hair.** Straws can be used full length on long hair or cut to the appropriate size for shorter hair. Begin by spiraling the hair along the length of the straw from tip to root. At the root secure to the scalp with a bobby pin, placed in the center of the straw and at the scalp. It is best to sit under a hood dryer to completely dry the hair; air drying with a straw set is usually not sufficient and curls will not last very long.



## Styling Without Styling Aids

**It is possible to achieve a lot of curl without using rollers, rods or any other styling aids.** The styling methods listed below will garner miles of curls, body or wave, whatever your choice.

**Bantu Knots:** These knots will leave you with a head full of curls, without the rollers. **Start by taking a damp-dry section of your hair. The smaller the section, the tighter the coils. Twist the hair in one direction from the root to the ends. Take the twisted section and fold about in half leaving a loop in the center. Keep your finger in this loop. Wrap the ends**



of the hair around itself, from near the loop down toward the base until it is all wrapped. Spread the loop open where you have kept your finger, and fold it over the ends. Leave hair in the knots until completely dry. This set can be worn as a style



**Twists & Knots:** This leaves you with looser curls than the Bantu knots but with all the style. Twist hair in two strand twists and when you get to the ends fold up a loop, wrap the ends and loop over to secure the ends

**CRINKLED LOOK:** This look is accomplished by braiding the hair. Be careful though, you don't want to pull from the root when braiding, this can loosen your locks. Base these braids down to the scalp as in Corn-rowing. You can

braid about 8-10 French braids around your head and tuck the ends as you did with the twist-knots. An alternative to Corn-row braids would be several "individual" (done with several locks in each) braids all over the head. Still base these at the scalp like a Corn-row.

Once you have set your hair the possibilities are endless. You now have the basics for wearing it down and loose or pinned up into an elegant style. Don't be concerned about using styling aides too soon however, especially if locks are not mature. For instance, if you're still using the Sisterlocks Starter Shampoo or if your hair is prone to slippage, be more conservative with using styling aides too much or too often.

## SISTERLOCKS PRODUCTS

**I**t has been established that clean hair is an important prerequisite for styling. It's also important to know why products are so crucial to accomplishing the desired style, but also maintaining the integrity of the locks. **Sisterlocks takes a "less is more" approach to products and recommends the specially formulated Sisterlocks products to ensure that the integrity of the locks is maintained.** These products can contribute in a positive way to styling.

## WHENEVER POSSIBLE, USE ONLY SISTERLOCKS PRODUCTS ON YOUR SISTERLOCKS

**Sisterlocks products are designed specifically for Sisterlocks by the originator, Dr. JoAnne Cornwell. All of our products have been developed to meet the specific needs of African-textured hair types in general, and Sisterlocks in particular. (All of the Sisterlocks products can be used on any type of hair, even hair that is not locked.)**

**Developed with high quality botanical ingredients, Sisterlocks products rinse clean and will not create build-up in the locks.** This is extremely important to maintaining the integrity of the locks.

**When using these products, follow the advice of your consultant and consult the information provided here and in our product brochures. Sisterlocks products are specifically formulated to address the needs of different hair types and curl patterns. Hair will respond best when using the proper PH and formula. Products are available at [www.sisterlocks.com](http://www.sisterlocks.com)**

**Starter Shampoo is excellent for beginning locks and also as a clarifying shampoo for all locks. The Starter Shampoo formula is designed to encourage the locking process and counteract slip-page.** Also, because it is a clarifying shampoo, if someone has been using heavy, oil-based products and discover they have a problem with build-up, the Starter Shampoo may help in eliminating this problem. **It's recommended on new locks and also a great deep cleanser every 4 to 6 weeks or whenever it's time for a re-tightening. NOTE: The best solution for build-up is to avoid it, but the Starter Shampoo, used consistently, will help to break down the build-up as long as the client avoids non-Sisterlocks products**

**Sisterlocks Green Tea and Salon Aloe shampoos provide the best preparation for styling because they will not alter the natural texture of the hair and allows the natural characteristics of each hair type to express itself:**

**Green Tea Shampoo - Short curl patterns respond best to the Green Tea formula. It cleans and softens without artificial ingredients and additives. Short curl patterns generally lock faster, may tend to be fragile and benefit from the conditioners in the Green Tea formula.**

**Salon Aloe Shampoo is recommended for medium to long curl patterns. Normally used after the locks have settled and the Starter Shampoo is no longer needed.**



**Moisture Treatment** is a leave-in conditioner that is a smooth, creamy consistency designed to draw moisture into the hair. Great for hair and scalp and best used on clean damp or freshly shampooed hair. As a styling aide, mix 2-3 teaspoons of Moisture Treatment with 8 ounces of distilled water in a spray bottle for an excellent nourishing, styling “lotion.” Over moisturizing may interfere with longevity of style.

**Reconstructor** - This is an amazing, deep conditioning treatment. The Sisterlocks Reconstructor strengthens the hair. While it’s not meant to be used as a styling aide, the Reconstructor, just like clean hair, is a foundation to preparing hair for styling, especially hair that tends to be fragile, is color treated or in need of strengthening for whatever reason.

After shampooing your hair apply Reconstructor sparingly and put a plastic cap over your head. You may sit under a hood dryer for 10 minutes or just leave on without cap. Rinse out after 10 minutes. This conditioner can also be used as a leave-in. Reconstructor will not interfere with styling or longevity of the set.

**Herbal Spray Moisturizer** – is an excellent “pick-me-up” for your locks between shampooing. Herbal Spray Moisturizer provides the perfect amount of luster to locks, without the risk of build-up, and is pleasantly scented. Use sparingly.

**Setting Lotions and sprays** – Sisterlocks setting lotions and sprays have moisturizing properties in them. Use sparingly if using Sisterlocks styling aides.

## **Fresh Hair Mists**

Specially formulated for Sisterlocks and natural hair. Designed and formulated with the Sisterlocks “less is more” approach to product, these mists offer a light scent to freshen the hair and soothe an itchy scalp. These essential oil mists will not produce any build-up in the hair. Since excessive shampooing can dry the hair and scalp, Fresh Hair Mists provide the confidence of a fresh scalp and fresh hair between shampooing.

**W**hile the various Fresh Hair formulas will help with mild itching and scalp irritation **these formulas are not prescriptions or cures for any health issue including dandruff.** Please consult a physician prior to using any essential oils on children, if you are pregnant or have been

diagnosed with a specific physical condition.

### **Dry Scalp & Dandruff**

**Contains a blend of oils that increases stimulation to the scalp and promote hair growth while relieving an itchy scalp.**

### **Earth**

**For those who like an “earthy-musk” scent provided by oils that have antiseptic properties to soothe the scalp**

### **Lavender Mist**

**Provides a light fragrance that is clean and pure. Lavender has healing effects and also promotes balance**

### **Peppermint Mist**

**The cooling properties of Peppermint relieve minor skin irritation and mild itching.**

### **Spring Mist**

**Has a light, fresh, uplifting citrus scent that soothes itching**

## **Sheen vs Shine**

**Moisture vs Sheen:** People often ask, “is my hair going to be dry if I don’t oil my hair/scalp?” African-textured hair is tightly-coiled and needs moisture-based products (not oil). **PLEASE DO NOT USE OVER-THE-COUNTER PRODUCTS ON YOUR SISTERLOCKS. HEAVY, OIL-BASED PRODUCTS WILL RUIN THE INTEGRITY OF YOUR LOCKS.**

**Products available in beauty supply stores, drug stores and supermarkets are designed primarily for Caucasian-type hair which has very different needs than African-textured hair. That hair type is straight and the natural oils secrete from the scalp, working down the hair shaft very quickly. This is why European descended people must shampoo far more frequently than African-descended people**

**Our hair shaft is coiled which keeps the natural oils from working down the hair shaft. These oils only progress about 1” from the scalp. This is where the natural sheen of our hair is**



more readily seen. This means we do not have to shampoo as frequently. Shampooing every 7-14 days is usually sufficient.

**K**nowledgeable natural hair care professionals will respond that we must train our eye to 'see' the natural sheen of the hair opposed to the artificial shine we have applied to it in the past by slathering on oils, mousses, greases, gels conditioners, moisturizers, etc., etc., etc.! These products do nothing to nourish a healthy scalp and only coat the hair shaft with an artificial shine. Train your eye and don't confuse shine with natural sheen. When we smother our scalp with oils and heavy greases we prohibit the natural oils, which are secreted from the scalp, to nourish our hair.

**Y**ou can also inhibit the amount of natural oils you secrete if you have a poor diet. A healthy scalp leads to healthy hair. If you eat a lot of fried, greasy foods the result will be negative to your skin, hair and other parts of your body, such as your heart and resulting blood pressure. Eliminate these types of foods and opt for more fruits, vegetables, whole grains, etc. Hydrate by drinking the recommended 64 ounces of water per day. Moisture in, moisture out. If you hydrate your body adequately you will see a tremendous improvement in the sheen and luster of your hair and a healthy glow to your skin.

## Styling For Your Face Shape

**H**air styling and hair cuts are usually done in a way to bring attention to your best features. They accentuate the positive. If your eyes are your best facial feature it's best to choose styles that draw attention to your eyes. On the other hand, if you have a large forehead, you may want to minimize it with the style you choose.

**T**he shape of the face is very important. Understanding how face shapes can set off your overall look is the goal of this section. Your face shape can be the perfect frame for your hair style. You will also quickly learn which basic styling choices may not be complimentary to the shape of your face.

### Round Face Shape



A round face shape is generally as wide as it is long, giving it a circle-like shape. It often features a round chin.



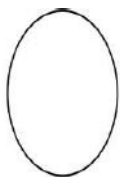
### Oval Face Shape



An oval face shape is longer than it is wide. It features a forehead and jaw line that is roughly the same width, and a round chin.



### Oblong (oval) Face Shape



An oblong face shape is long and narrow with a long, straight cheek line. It often features a pointy chin.





### **Square Face Shape**

A square face is very solid in shape and features wide cheekbones, a broad forehead, a strong and angular jaw line, and a square shaped chin.



### **Oblong (square) Face Shape**

An oblong face is like an elongated square. The forehead and jaws are roughly the same width. The chin is often more rounded than pointy.



### **Inverted Triangle Face Shape**

A heart shape face is very narrow at the jaw line and much fuller towards the top of the face. It features a wide forehead and cheekbones, and has a pointy chin.



### **Triangular Face Shape**

A triangular face may not present a true triangle. It is generally very bottom heavy. The forehead and cheekbones are more often narrow, while the jaw line is wide and the chin is square shaped.



### **Diamond Face Shape**

A diamond face shape has a long and narrow appearance. The widest part of the face is the cheekbones, while the forehead and jaw line are narrow. It features a pointy chin.



**O**nce you've decided on the shape of your face, it's time to see which hairstyles may best compliment that shape and your features. With locks your hair will undoubtedly reach its unlimited growth potential. With this in mind, some face shapes are best complimented by short hair. There are sometimes when it's not possible to cut your locks short without compromising their integrity or causing severe unraveling. There are ways, however, that you can give the illusion of having short hair or a haircut without actually cutting the hair, by doing up-dos, ponytails which can give the illusion of a bob cut.

**T**here are a few tips that can help accentuate positive features or minimize less pleasing attributes. **For a long face avoid styles that are piled on top of the head. Hair piled high will help give a longer look if you have a short neck. To soften your features try layered cuts.**

**Whatever styling method you chose, Sisterlocks are beautiful. While the original intent with the Sisterlocks locking method was to make tiny, style-able locks, they are just as beautiful whether styled or freestyle. They can maintain their beauty as long as the products and accessories you use do not ruin the integrity of the locks. It's important to always remember that going outside the Sisterlocks product line will usually have a negative result, in the long run.** Try a variety of different styles and sets to avoid boredom.

